



**Town of Edson FCSS**  
**Mental Health & You-th**  
**Week 1: May 19**

Welcome to your first Mental Health & You-th Activity bag. We hope you enjoy it! These bags are designed for youth between the ages of 7 and 13, where activities vary depending on their age. This how-to guide will explain which activities are for which age group and how they can be completed. There are 5 activities per child included in this bag.

**Materials Included in Bag**

**Challenge Journal (Ages 7-13)**

-printed and bound Challenge Journal (1x per child)

**DIY Bookmarks (Ages 7-13)**

-cardstock (x2 per child)  
-string (1x per child)  
-ribbon (2 x per child)

**Relax Colouring Pages (Ages 7-13)**

-wolf (x1 per child)  
-bees (x1 per child)  
-chameleons (x1 per child)

**Self-Reflection Self-Portrait (Ages 10-13)**

-photo frame (x1 per child)  
-face outline (x1 per child)  
-gel pens (x2 per child)

**Light-Up Cube (Ages 7-9)**

-Light Up Cube Print Out (1x per child)  
-battery operated candle (1x per child)

**To-Do Lists (Ages 7-9)**

- to-do list (1x per child)
- pen (1x per child)

### Journaling (Ages 10-13)

- journal (1x per child)
- pen (1x per child)
- journaling prompts (1x per child)

## How-To

### Challenge Journal

GoZen created this Challenge Journal to help you get through challenges in life. What is challenging now and why is it challenging? This journal will touch on making mistakes and staying calm. Use coloured pens, crayons and markers to personalize your journal. Writing in a journal will help to get all your thoughts on paper, which is a great way to release any bottled-up emotion. When in doubt, write!

### DIY Bookmark

Reading has so many psychological benefits. It makes us more empathetic, mentally flexible, improves our creativity and enhances our brain function. Reading at home can even improve your performance at school!

<https://www.healthline.com/health/benefits-of-reading-books#bypass-tv>

Use the included materials to create a bookmark for your reading adventures. Feel free to use any materials you have at home and get creative.

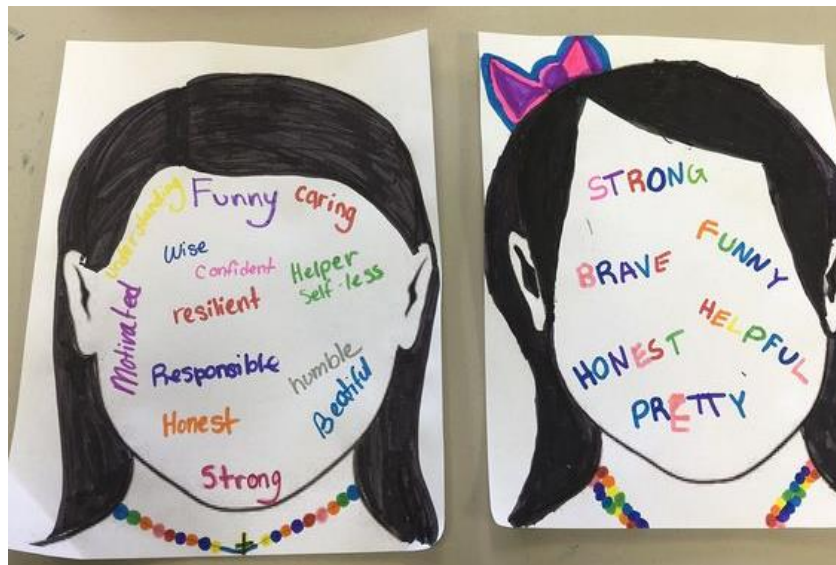


### Relax Colouring Pages

Take some time to colour. Do your best to stay inside the lines. Colouring helps to reduce stress and anxiety. It improves our motor skills and vision. It also improves focus and helps you sleep better. Take your time and don't rush, you can always come back to a colouring project.

### Self-Reflection Self-Portrait

Using the face template, draw your features excluding your eyes, nose and mouth. Keep the face blank. On this face, include words that describe you. Use different coloured crayons and include other things to make your project unique, like gel pens, stickers and glitter if you have it.



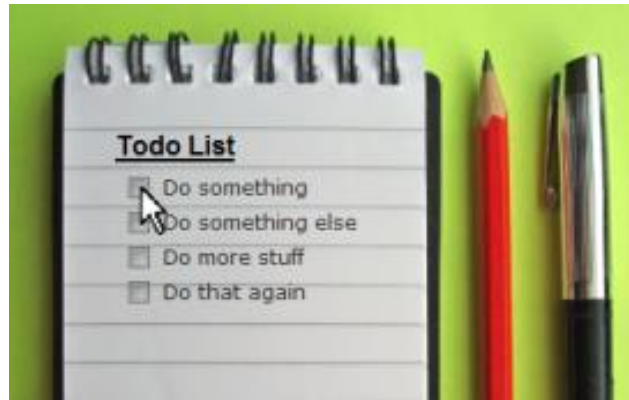
### Light-Up Cube

Follow the instructions on the Big Life Journal Light-Up Cube print out. There are 2 cubes you can use interchangeably. You can leave one of the sides in order to swap your candle into the one you'd like to use. Use this as a night light or a light for meditation.



### To-Do Lists

Writing lists and learning how to make lists teaches us how to complete tasks and move on to new tasks in a timely fashion. It helps to teach responsibility. Make yourself a new list every day. Cross off the items on your list that you complete throughout the day. You'll notice a sense of accomplishment each time you cross off an item on your list. Ask an adult in your family if there is something on their list that they could put on yours, what can you help someone accomplish today or tomorrow?



## Journaling

Use the Journal prompts worksheet included in the activity bag to start journaling. Keeping a journal can help to keep your thoughts organized and improve your writing. It can also help you reflect on your day, boost your memory and inspire creativity. You can use your journal to set and achieve goals or record ideas as they come to you.

